S

YOGA is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. Pilates is designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings.

YOGA

Day: Mondays

Date: May 10 - July 26 Time: 5:30 p.m. - 6:45 p.m.

Fee: \$79 per person or \$12 per day

Age: 18 & older Location: Activities House



PILATES

Day: Tuesdays
Date: May 11 - July 27
Time: 5:30 p.m. - 6:30 p.m.

Fee: \$79 per person or \$12 per day

Age: 18 & older Location: Activities House

YOGA

Day: Wednesdays
Date: May 12 - July 28
Time: 8:45 a.m. - 9:45 a.m.

Fee: \$79 per person or \$12 per class

Age: 18 & older

Location: Activities House



YOGA

Day: Thursdays
Date: May 13 - July 29
Time: 1:00 p.m. - 2:00 p.m.

Fee: \$79 per person or \$12 per class

Age: 18 & older Location: Activities House

YOGA

Day: Fridays

Date: May 14 - July 30 Time: 8:30 a.m. - 10:00 a.m. Fee: \$79 per person

Age: 18 & older Location: Activities House



*No classes for Yoga and Core Body Boot Camp on May 31 - June 4 / June 28 - July 2 / July 5 - July 9

*Save 20% when you register for 2 classes within the same session. This includes Pilates and Core Body Boot Camp!



CORE BODY BOOT CAMP

It's Yoga/Pilate Fusion time! This class is GREAT for the student athlete or dancer!

Day: Thursdays
Date: May 13 - July 29
Time: 5:30 p.m. - 6:45 p.m.

Fee: \$79 per person or \$12 per day

Age: 14 & older

Location: Activities House

MASSAGE

This particular style of chair massage is based on a traditional Japanese acupressure sequence that in 15 minutes includes the neck, shoulders, back, arms, hands, and scalp. Designed to enhance circulation while making the participant feel vibrant and refreshed.

Day: Mondays, Wednesdays, Thursdays

Date: Beginning in May Time: 5:30 p.m. - 9:00 p.m.

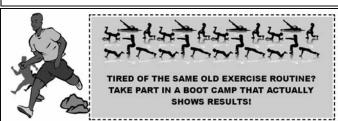
Fee: \$1 per minute

based on a minimum of 15 minutes

Age: 18 & older

Location: Activities House

* All participants required to preregister two days in advance of the date in which they wish to participate.





Register Now!

Preregistration is required for these camps and participants must register two days prior to the start of the camp.

For more info 770.716.4322

Day: Monday, Wednesday, Saturday
Date: Session I: May 3 - May 28
Session II: June 7 - July 3
Session IV July 5 - July 30
Session IV August 2 - August 27
Time: 6:30 p.m. - 7:30 p.m.
9:00 a.m. - 10:00 a.m.
Fee: \$180 per session
Locations: Kenwood Park
McCurry Park